

Low Fat Fudge Brownies

Cook Time: 25 minutes

Ingredients:

- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 cup firmly packed light brown sugar
- 3/4 cup cocoa powder
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 egg or 2 egg whites
- 1 tsp vanilla extract
- 1/4 cup unsweetened applesauce or prune puree
- 1/4 cup reduced-fat sour cream
- 1/4 cup fat-free milk



Preparation: Preheat oven to 350 degrees. Coat an 8-inch square baking pan with nonfat cooking spray.

In a medium bowl, stir together flour, sugar, cocoa, baking powder and salt.

In a large bowl, lightly beat egg if using, or place egg whites in bowl. Add vanilla, applesauce, sour cream and milk. Whisk until well blended. Add dry ingredients and mix until just moist.

Empty batter into pan and bake for 25-30 minutes. The center should still be slightly soft. Cool in pan for a few minutes and continue to cool on a wire rack.

Makes 16 brownies.

Per Serving: Calories 111, Calories from Fat 13, Total Fat 1.5g (sat 0.7g), Cholesterol 14mg, Sodium 66mg, Carbohydrate 22.1g, Fiber 1.9g, Protein 2.3g

<http://lowfatcooking.about.com/od/bakedgoods/r/fudgebrownies.htm>